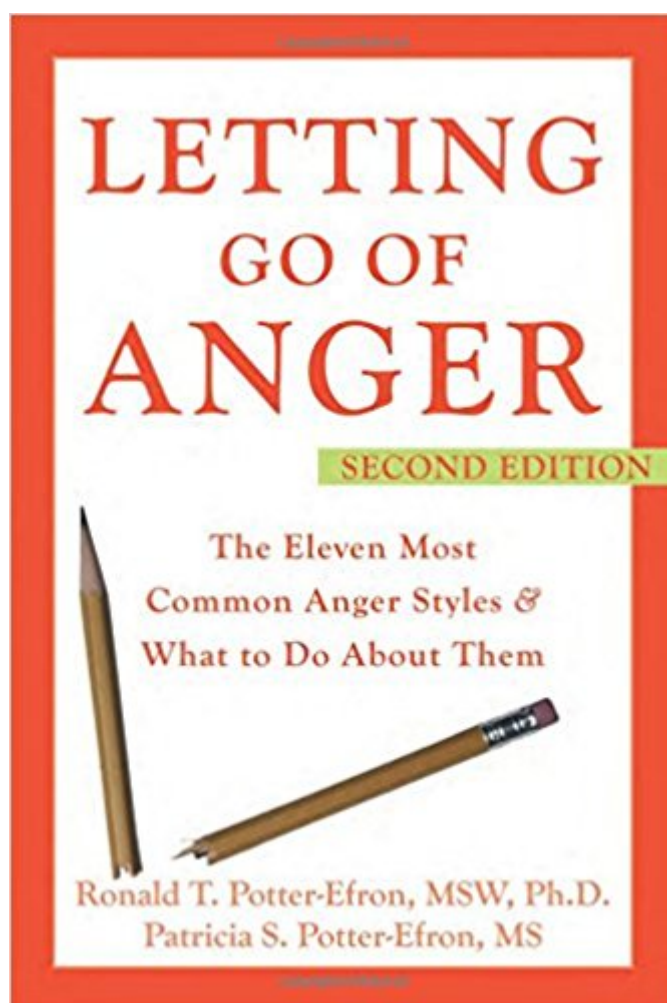




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# Letting Go Of Anger: The Eleven Most Common Anger Styles And What To Do About Them



## Synopsis

**A Guide to Healthy Anger Expression** How do you express your anger? Do you blow up? Quietly seethe? Or do you try to pretend that you're really not angry at all and just hope the feelings will go away? Most of us express anger in more than one way, but we also tend to be creatures of habit, falling back on a few predictable styles when we feel angry. Unfortunately, while some styles are appropriate in some situations, others are not—and consistently using an inappropriate style is a sure way to find yourself saddled with a huge anger problem. This book examines the eleven most common styles of anger expression and helps you learn how to communicate your anger in healthy ways. Learn which anger styles work for different situations and which ones lead to certain disaster. Find out how to become more flexible and creative at expressing your anger. Once you understand the whole range of anger styles, you'll be able to better manage angry feelings and use your anger as a positive force for building a better life.

## Book Information

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## Customer Reviews

The Potter-Efrons continue to capture the essence of anger through their anger styles. By understanding the eleven anger styles and how they relate to each of us in a personal way, we gain insight that can unlock our own chains of anger. The Potter-Efrons have generously provided the tools to help break away from the most hardened of anger styles. Their guidance and experience will give each of us the opportunity to begin our journey on a path towards emotional freedom.

—V. William Blount, MS, author of *Healthy Anger*

A revised and updated edition from best-selling anger management author Ronald Potter-Efron, this book identifies the eleven most common anger patterns and offers step-by-step help for overcoming them

On the advice of a friend, and during a particularly stressful period of my life, I read "Letting Go of Anger: The 11 Most Common Anger Styles..." I found it helpful to be able to identify what I was feeling and what to do to make me not feel that way any more. Since being angry (afraid?) is proven to have an effect on a persons overall health, I found this book to be very helpful in returning me to a homeostatic place. I have already loaned my copy of "Letting Go..." to another friend. This author has other helpful books on the same subject out there. I highly recommend them all.

bought this for a friend in need and read it before giving to her. it is very well written and gives very helpful tools - not just a self help that jibbers on - it actually seems like a very effective book of tools for understand your anger and learning to deal/cope and change your anger and issues. highly recommend this one.

I just started reading this book and already I'm impressed with the tools for understanding my own Anger Style. I'm currently reading about typical reasons for my Anger Styles & then will move on to self-management techniques. I knew I carried around a lot of Anger from childhood traumas, but until you recognize how your body processes frustration it cannot control, you don't know how to manage your anger or prevent it from getting out of control. I was tired of being at the mercy of my own emotions and this book has helped me to understand myself better. I always avoided dealing with the anger thinking fixing all the other things in my life would magically make it better. But that hasn't worked. So, starting from square one again, I downloaded the Kindle version of this book. Am very impressed! Highly recommend it from anyone who feels Angry most of the time or has overwhelming, hot flashes or rage. This helps you understand & work with your body, rather than resisting the critical messages that Angry Feelings are telling you.

It was quite a revelation to learn about anger types and invitation of anger. How I'm aware of every time I experience people being angry, and they try to hide it, just to be perceived as "NICE" or remarks like "I never get angry" they are a walking time bomb ready to explode anytime. I have now learned about "Fear based anger" Shame based anger" and "Guilt based anger". Thank you for writing about anger and its explanation.

good book helpful

I first read this book when I was in rehab years ago, and I still keep a copy on my shelf. It's a great workbook to understand the nature of one's anger, which in turn helps to figure out strategies to live a more fulfilling and anger-free life. This book can help pretty much everyone....even people who don't believe they have an anger issue.

There were some things I didn't even know about myself or the way my emotions connected together. I'm truly relieved to have purchased this book, because the positive changes I am making in my life are primarily manifesting from this book. It's a must read for everyone! My boyfriend recommended it to me, of all people, yet together we are improving the quality of not just our lives, but our relationship! A must read!

Great book; clearly written and accessible to anyone. Great for my work as a counselor.

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